

Pork Stir-Fry

Meal Components: Vegetable, Meat / Meat Alternate

Main Dishes, D-18B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch		1/4 cup 3 Tbsp		3/4 cup 2 Tbsp	1. Dissolve cornstarch in cold water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		1/2 cup		1 cup	
Low-sodium soy sauce		1/2 cup		1 cup	
Ground ginger		1/4 tssp		1/2 tsp	
Granulated garlic		1 Tbsp 1 1/2 tsp		3 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Chicken stock, non-MSG		1 qt		2 qt	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3-5 minutes, until thickened. Remove from heat.
*Fresh carrots, peeled, 1/4" slices	2 lb 13 oz	2 qt 1 cup	5 lb 10 oz	1 gal 2 cups	
OR	OR	OR	OR	OR	4. Sauté sliced carrots in oil for 4 minutes.

Vegetable oil		1/4 cup		1/2 cup	
*Fresh onions, chopped	10 oz	2 cups	1 lb 4 oz	1 qt	5. Add onions, cook for 1 minute.
*Fresh, broccoli, chopped	2 lb 13 oz	1 gal 1 1/8 qt	5 lb 10 oz	2 gal 2 1/4 qt	
OR	OR	OR	OR	OR	
Frozen mixed oriental vegetables	3 lb 7 oz	2 qt 3 1/8 cups	6 lb 14 oz	1 gal 1 2/3 qt	7. Sauté pork in oil for 2-3 minutes. Add pork to vegetables in pans. Add sauce and mix to coat pork and vegetables.
Raw skinless, boneless pork shoulder on loin, 1/2" cubes	5 lb 12 oz		11 lb 9 oz		
Vegetable oil		1/2 cup		1 cup	
8. CCP: Hold for hot service at 140° F or warmer. Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).					

Notes

Special Tip:

For an authentic Oriental flavor, when sauteing pork in step 7, substitute 2 Tbsp of sesame oil for 2 Tbsp of vegetable oil for each 25 servings.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Carrots	3 lb 7 oz	6 lb 14 oz
Mature Onions	12 oz	1 lb 8 oz
Broccoli	3 lb 8 oz	7 lb

Serving	Yield	Volume
¾ cup 1 tablespoon (2 rounded No. 10 scoops) provides the equivalent of 2 oz of cooked lean meat and ½ cup of vegetable.	25 Servings: 11 lb 10 oz 50 Servings: 23 lb 4 oz	25 Servings: 1 gallon 1 quart 50 Servings: 2 gallons 2 quarts

Nutrients Per Serving					
Calories	258	Saturated Fat	3 g	Iron	2 mg
Protein	23 g	Cholesterol	60 mg	Calcium	57 mg
Carbohydrate	11 g	Vitamin A	12096 IU	Sodium	283 mg
Total Fat	14 g	Vitamin C	40 mg	Dietary Fiber	3 g